

WEIGHTED HANDS®

RAPID WEIGHT LOSS SYSTEM

This 62-Year-Old's Heart Rate Was So Good The Doctors Thought There Was Something Wrong

Frank has been working out using HeavyHands since the 1980s when he saw Dr. Schwartz on a local newscast demonstrating his weights. The newscast included a phone number for the doctor, so Frank decided to give him a call. He's never looked back, and it's paid off. On a recent visit to his doctor's office, doctors were alarmed by how low his heart rate was – 42 beats a minute, unusually good for a man his age. After running extensive tests, they determined his low heart rate was from years of the type of aerobic exercises he was doing.

And in this quick audio, you'll hear Frank's amazing story, exactly what happened when he called Dr. Schwartz, and the kinds of exercises Frank used to get his low heart rate and stay fit using HeavyHands.

You'll Also Hear...

- * A look at Frank's exercise routine – and how he changes up his HeavyHands workout for the worst of weather
- * A weird (but effective) way Frank uses a trampoline along with his HeavyHands to modify a running workout after arthritis and a partial knee replacement
- * The real problem with exercises like walking on a treadmill or doing a stationary bike – and how adding HeavyHands could remedy this

Frank says the most important thing to remember when you're working out is to listen to your body, pace yourself, and have fun. He's been doing that for more than 30 years with HeavyHands, and in this audio, you'll hear how it's paid off for him.

Michael: Hi. It's Michael Senoff here, and I'm the founder and developer of www.weightedhands.com. I'm a busy professional, a husband, and a father of two young boys. I started making and using Weighted Hands, because I wanted a way to burn a ton of calories in as little time as possible, but I didn't want to get injured doing it. I wanted to eat whatever I wanted without feeling hungry or deprived, and I wanted to be able to maintain my weight. I wanted a low-impact workout so I could save my knees for later, a workout that required no gym memberships, no stair climbers, no treadmills, no ellipticals. I wanted something that feels easy but to get my heart rate high enough for ongoing conditioning.

Well, you're in luck, because many of my buying customers have been using Heavy Hands for over 20 years, and they've been generous enough to share their personal stories with you. You'll hear me interview them on how they got started walking with Heavy Hands hand weights, what it did for their bodies, both in terms of musculature and weight reduction. You'll also learn about their favorite workouts, tips and tricks to burn the most amount of calories in the fastest time possible. Enjoy the interview. Now let's get going.

Michael: Hey, Frank. This is Michael Senoff here with the Weighted Hands.

Frank: Yes, Sir. I saw your name. It came up.

Michael: Very good. Got your message and everything. No problem. We'll get you these ergonomic grips, and your weights will twist onto our ergonomic grips. If you feel like you want some more weights later, I'm here. Hey, listen. Do you have a couple minutes to do an interview?

Frank: I suppose. I think I could.

Michael: Frank, tell me, when did you first learn about the original Heavy Hands, and where are you located?

Frank: I'm located in a small town called Steubenville, Ohio, and it's about 45 minutes from Pittsburgh, where Dr. Schwartz lived. I first saw Dr. Schwartz on a program called *Evening Magazine*, which was here in our area. I saw these people carrying weights, and they were pumping them above their heads. It was a program to combine strength with aerobic training.

I was a runner at the time. I'd been running for 14 years. I said, "Boy, that's what I need." They put his number on the screen, where you could actually call him. I don't know how many people saw that number, but I copied it down, and over the years, I was able to contact Dr. Schwartz every once in a while and asking questions. I had been doing Heavy Hands since I was 34 years old, and now I'm 62.

What happened in my older age was my son got a cat. He was still living here, and I was having what felt like heart problems. I was having trouble breathing. What I didn't know was that I was having an allergic reaction to a cat. I told my wife, I said, "I've got to go to see my cardiologist." I was in my late 50s, and my cardiologist comes in, and she says, "I'm concerned about your heart rate, Sir. Your heart is beating 42 beats per minute, and she was concerned about that because of my age. They put me through all kinds of tests and checked my heart out, and there was absolutely nothing wrong with my heart. The only thing they could attribute it to was this aerobic exercise I was doing.

Michael: At that age, what were you doing with the Heavy Hands up until then, and what were you doing to get your heart rate down to 42 beats per minute?

Frank: I was doing the indoor calisthenics, and also I was running, pumping 7-pounders. It got to be where it was effortless.

Michael: How far were you running with 7 pounds?

Frank: I would run a little over an hour.

Michael: Whoa! With 7 pounds in each hand?

Frank: It's easy. It becomes second-nature. You don't even feel it. I actually could have probably kept going and went up to 10 pounds. I was also doing the indoor calisthenics, which is just fantastic. You know, you're so much in control. You can change weights or ease up on the pace. What's so nice is that you don't focus that workload like Dr. Schwartz was saying. You see these other treadmills and everything. You're always working the same muscles.

You work all different muscles, and you can actually feel this. You can actually feel what he's talking about, this distributed workload, and how it's easier on the heart. I know the difference between running with weights and without weights, and it's actually easier

to run with the weights on the heart. The heart doesn't work as hard. I've actually experienced what he said.

Michael: So you felt like running with 7 pounds was easier than running without the weights?

Frank: Definitely it was easier. With Heavy Hands, you could work out at extreme intensities indoors. If you do that same thing and you run real hard outdoors and you just stop, you can almost pass out, because the blood is so distributed throughout your body. With Heavy Hands, you do that same thing, and you can stop and you can just talk to somebody. It's just an enormous difference there.

Michael: *You're listening to an interview on Michael Senoff's weightedhands.com.*

When you were 35 and you saw him on that program and you were running at the time, what is it that made you say, "I need this?" You were already a runner. What was it that inspired you to take the number down and even buy the Heavy Hands?

Frank: I like the idea of getting a pulse rate indoors, a high pulse rate and being able to work hard and work all the muscles of your body, not just pounding your legs.

Michael: Were you experiencing any of the negative effects of running on the street at that age, 35?

Frank: No, but in my later years, I had a bad knee. It was arthritis. Because I lost my job, I was forced to get a partial knee replacement. What I found out is you can use one of those trampolines, those small bouncers, and you can do Heavy Hands. All you have to do is bounce off your toes, and it doesn't hurt your knees, and you can combine those two, and that's what I've been doing. I'm still doing indoor Heavy Hands, shadowboxing, throwing punches, light jogging, bouncing on a trampoline, shoveling, folds, and I'm doing all that and I love it.

Michael: How long did it take you to feel the negative effects of the pounding and the running? When did it catch up with you?

Frank: It caught up with me at the age of 58.

Michael: At 58, you all of a sudden were getting knee pain?

Frank: Yeah. I was starting to get pain, and the doctor said it was just one part of my left knee. He gave me a brace, and he says, "We're going to do this later on in life," but when I lost my job, I told the doctor, I said, "Doc, I'm losing my insurance. We gotta do it now," so I had to get it done. I'm still able to do great workouts, even with that knee like that. When I use the bouncer and I shadowbox and I do some light running in place, most of it is low-impact aerobics, but there's so many calisthenics you can do with Heavy Hands. You can make things up.

Michael: What do you remember when you actually called Dr. Schwartz? What was he like on the phone? Do you have a memory of that?

Frank: Oh, he was always very nice to me, and I told him I was his number one fan. I had questions. For instance, the exercise, the fold, it's where you lay on your back and you crisscross your knees and your hands. I didn't know whether you're supposed to put your feet on the floor or keep them in the air, because it doesn't show that in the book, so I says, "Well, I'll call the writer." He told me when you do the folds, it doesn't matter. Your leg could hit the ground or you could keep them in the air, so I do a minute of each.

Michael: Since 35, have you been pretty consistent? You're how old now?

Frank: I'm at 62 now.

Michael: You're almost at 30 years of doing Heavy Hands. Have you been consistent over the 30 years?

Frank: Yeah, I have been consistent. I've gone away from it at times.

Michael: When you go away from it, do you pick up weight? What do you notice?

Frank: I can come back quick. I have gained a little weight over the years, but my wife still says my body is hard. It's not a soft body.

Michael: So over the years, you've built muscle and you've maintained it.

Frank: Yes. Oh, yeah. Yes, I have.

Michael: That's fantastic.

Frank: Oh, it is.

Michael: Well, Frank. I appreciate you sharing this story. This is great, because you sound like his number one fan. You're an old-timer that's been doing Heavy Hands for almost 30 years. What would you tell someone who's like, "Heavy Hands? What the hell is that? Why would I do that?" What would you tell a newcomer about this?

Frank: I would tell a newcomer, "Listen to your body. Pace yourself to where you can enjoy it, where at the end you feel exhilarated. Don't kill yourself. Go according to how you feel. Exercise like that, and stick to Heavy Hands. Don't go out doing exercises that just work certain muscles of the body, but use Heavy Hands, because you could probably go forever and not injure yourself. Stick to that exercise, because other exercises work the same muscles too much, like these treadmills. They work the same muscles. Use Heavy Hands and use it exclusively." That's what I would say.

Michael: Tell the listeners, what existing Heavy Hand equipment do you own right now?

Frank: I own 2's through 10's. I own all of them. I've got two sets of 7's, three or four sets of 5's, two sets of 6's, and when I work out, I use all of them, all of those weights.

Michael: So you're switching it up. You like to have them already put together so you don't have to change out the weights.

Frank: No. I have them all put together and they're all in front of me. I use the one that I'm in shape for. You have to train. Every move, you have to gradually acclimate yourself to that poundage. You have to train for it, like hand-over-hand, I use a set of 2's, actually. To go to a set of 3's, I have to train for that. The hand-over-handing is much harder than it looks. I would say that to them.

Michael: Excellent. Well, I would love to hear your feedback on my new ergonomic grip. I think you're going to really like them.

Frank: I think I will. I like the looks of them. I can almost imagine how they would feel. Whoever developed it, it's great.

Michael: All right. Well, thank you for sharing so generously to our listeners. I appreciate it, Frank. You guys have a great Saturday.

Frank: You, too, Michael.

Michael: All right. Bye-bye.

Frank: Bye-bye.

Michael: *For more great interviews like this, go to Michael Senoff's*
www.weightedhands.com.